

**AMENDMENTS TO THE CLAIMS**

**This listing of claims will replace all prior versions and listings of claims in the application:**

**LISTING OF CLAIMS:**

1. (withdrawn) A use of pinitol or chiroinositol for protecting the liver in a mammal.
2. (withdrawn) The use of claim 1, wherein pinitol or chiroinositol enhances superoxide dismutase (SOD) activity.
3. (withdrawn) The use of claim 1, wherein pinitol or chiroinositol increases the glutathione level in the liver.
4. (withdrawn) The use of claim 1, wherein the mammal is human.
5. (withdrawn) The use of claim 1, wherein pinitol or chiroinositol is administered to the mammal in the form of a composition containing same, said composition being selected from the group consisting of a pharmaceutical composition, a food composition and a beverage composition.
6. (withdrawn) A use of an extract of a plant containing pinitol or chiroinositol for protecting the liver in a mammal.

7. (withdrawn) The use of claim 6, wherein the plant extract containing pinitol or chiroinositol enhances superoxide dismutase (SOD) activity.
8. (withdrawn) The use of claim 6, wherein the plant extract containing increases the glutathione level in the liver.
9. (withdrawn) The use of claim 6, wherein the mammal is human.
10. (withdrawn) The use of claim 6, wherein the plant is selected from the group consisted of soybean, pine, *Hovenia dulcis Thunb*, *Acanthopanax senticosus* and carob.
11. (withdrawn) The use of claim 6, wherein the plant extract is a water extract or an organic solvent extract.
12. (withdrawn) The use of claim 11, wherein the plant extract is prepared by adding 5 to 15-fold volume of water to a plant powder; extracting at 10 to 80 °C. for 1 to 24 hours; and filtering the extract thus obtained.
13. (withdrawn) The use of claim 6, wherein the plant extract containing pinitol or chiroinositol is administered to the mammal in the form of a composition containing same, said composition being selected from the group consisting of: a pharmaceutical composition, a food composition and a beverage composition.

14. (Currently amended) A method of ~~preventing treating~~ liver damage associated with oxidative stress in a mammal, which comprises administering an effective amount of pinitol or chiroinositol into the mammal.

15. (Original) The method of claim 14, wherein the effective amount of pinitol or chiroinositol is 0.1 to 100 mg/kg body weight/day.

16. (Previously presented) The method of claim 14, wherein pinitol or chiroinositol enhances superoxide dismutase (SOD) activity.

17. (Previously presented) The method of claim 14, wherein pinitol or chiroinositol increases the glutathione level in the liver.

18. (Previously presented) The method of claim 14, wherein the mammal is human.

19. (Previously presented) The method of claim 14, wherein pinitol or chiroinositol is administered to the mammal in the form of a composition containing same, said composition being selected from the group consisting of: a pharmaceutical composition, a food composition and a beverage composition.

20. (Previously presented) The method of claim 14, wherein pinitol or chiroinositol is extracted from a plant selected from the group consisting of soybean, pine, *Hovenia dulcis* Thunb, *Acanthopanax senticosus* and carob.

21. (Canceled)

22. (Previously presented) The method of claim 20, wherein pinitol or chiroinositol is prepared by adding 5 to 15-fold volume of water to a plant powder; extracting at 10 to 80°C for 1 to 24 hours; and filtering the extract thus obtained.